



Family Caregiver

Sharing Information & Giving Support to Hawai'i's Family Caregivers

VOL. 3 • ISSUE 1 • 2004 • THE EXECUTIVE OFFICE ON AGING • DEPARTMENT OF HEALTH

Legislation to Support Family Caregivers

Legislators will be facing many important issues during the 2004 regular session. One such issue is to support family caregivers of the elderly. **We invite you to visit the Executive Office on Aging's website to download the most up-to-date information about caregiver related legislation, including bill status, bill text and committee reports.** To get to the site, visit www2.hawaii.gov/eoa. In the left column, click on "Programs and Services," and then "Caregiver Support." Finally, click on "Legislation."

Potential proposals of assistance and caregiver benefit include:

- A caregiver tax credit;
- Reimbursements to families who provide at-home care;
- Caregiver training and education;
- Respite services;
- A program that gives the care recipient the option of choosing who, when and how services are provided (providers may include relatives, spouses, friends and neighbors);
- Caregiver recognition in Hawai'i's statutes;
- The establishment of an advisory board on family caregiving issues;
- The establishment of a caregiver coordinator position in the Executive Office on Aging.

If you would like to be electronically notified when these bills/resolutions are scheduled for a public hearing, please e-mail the Executive Office on Aging at caregiver@mail.health.state.hi.us to be placed on our mailing list. As the bills are



introduced, we will send you the bill numbers for easy identification.

To get copies of bills, visit the Executive Office on Aging's website (*see above*) or the Hawai'i State Legislature's website at www.capitol.hawaii.gov. You may also call your Legislators and ask them to send you a copy, or pick up a copy from the Capitol print shop located at the State Capitol, 415 South Beretania St.

Your voice does count. If you would like to offer comments or support on these or other bills, get involved in the legislative process. You don't need to be politically savvy or need a lot of time in order to participate and be heard. The best thing to do is to contact your legislative representatives in both the House and the Senate. If your legislative representative is not the

chairperson or a committee member of the committees that a measure has been assigned to, you may want to call the committee chairperson and members to express your opinion about the measure. This is important because the committee chairperson and members will decide whether or not the measure will proceed through the process. While a written statement/ testimony about a measure is best, a phone call or an e-mail is also helpful. Be as concise as possible in your statement, especially in your introductory sentence or paragraph. For example, in the beginning of your letter, e-mail, or phone call, state whether you support or oppose a measure. Then provide the reason(s) why you feel the way you do and how the

measure would help or hurt your situation.

If you would like help in composing a statement, or for general help with the legisla-



tive process, the Public Access Room (PAR) at the Capitol is an excellent resource. The PAR has equipment and materials that you may use, such as computer terminals, typewriters, telephones, copies of legislative doc-

(Continued on page 8.)

Upcoming & etc...

The Forgetting:

A Portrait of Alzheimer's

Wednesday, January 21, 2004

4:00 pm on PBS

This 90 minute documentary explores this frightening disease, the human toll it takes on patients and caregivers and the latest research in the race to find a cure.

Alzheimer's: The Help You Need

Wednesday, January 21, 2004

5:30pm on PBS

Hosted by award-winning actor David Hyde Pierce, this half-hour follow-up special will bring together a panel of experts to provide authoritative answers to commonly asked questions, and direct viewers to organizations and resources that can offer help and support.

Opening to Life (\$10 per person)

Friday, January 23, 2004

6:00 pm to 8:00 pm

Central Union Church

1660 S. Beretania St.

In this lecture, Frank Ostaseski will emphasize the relevance of the lessons learned near death, and touch on the three characteristics essential for all caregivers attempting to be of true service near the end of life.

Honoring the Mystery

at the End of Life (\$35 per person)

Saturday, January 24, 2004

9:00 am - 5:00 pm

Honpa Hongwanji, Hawai'i Betsuin,

Annex Hondo

1727 Pali Highway

In this one-day workshop, Frank Ostaseki will discuss the key questions faced by those interested in restoring the soul to caregiving. The workshop includes periods of silent meditation, experiential exercises and an exploration of the psychological and spiritual issues related to death and dying.

Communicating with

Your Physician

Saturday, January 24, 2004

4:00 pm to 6:00 pm

Ka Punawai Ola, Education Room (Kapolei)

91-575 Farrington Highway

Alzheimer's Diagnosis

Friday, January 30, 2004

10:00 am to 11:30 am

Alzheimer's Association-Aloha Chapter

Resource Library Room

(Ward Warehouse, 2nd floor)

Alzheimer's Diagnosis

Thursday, March 4, 2004

7:00 pm to 9:00 pm

Ponds at Punalu'u

53-594 Kamehameha Highway

Taking Care of Yourself

Saturday, March 27, 2004

10:00 am to 11:30 am

Boy Scouts Council of America (Pres. Rm.)

42 Puiwa Road (off of Pali Highway)

Family Caregiver Training (Honolulu)

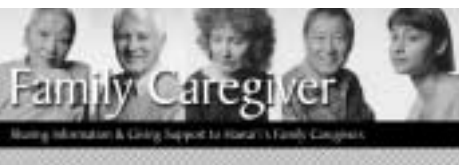
Training will be offered beginning January 31, 2004. The 2-hour morning sessions will be on the last Saturday of each month, January through June. Top local experts will provide training and support in a comprehensive program to cover all areas of caregiver expertise, including self-care. Call Alex Au at 988-5678 or Deborah Jackson at 988-6300 for more information.

Family Caregiver Training on Maui

A partnership between the Maui County Office on Aging (MCOA) and Maui Community College (MCC) will make caregiving training a reality this spring semester. The Visitor Industry Training and Economic Center at MCC has previously provided an 18-hour National Caregiving Training Program curriculum. During the upcoming semester, people who have been on MCOA's wait-list for training will be considered first for one of three sessions. Training has been planned on different days and times so as to make it possible for Maui family caregivers to have a choice of times convenient to them. The program is designed to "help families acquire the skills they need to provide safe, confident home care." Please contact MCOA at 270-7774 for more information.

Caregiver Support Groups (Honolulu)

A caregiver support program tailored to the specific needs of those caring for elder family members and friends meets weekly in Manoa on Tuesday mornings. Activities include "talk story" groups, individual counseling, respite assistance and workshops on specific topics. Call Alex Au at the Franciscan Adult Day Center at 988-5678 or Deborah Jackson at 988-6300 for information or to arrange a visit.



E LOA KE OLA



MAY LIFE
BE LONG

The Executive Office on Aging is the state agency whose mission is to promote dignity and independence of older adults, and to help prepare for the rapid expansion of Hawai'i's aging population.

Phone: 808-586-0100

www.Hawaii.gov/health/eoa

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Caregiver Resource Initiative
Project Coordinator



We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call EOA or the DOH Affirmative Action Officer at Box 2278, Honolulu, HI 96801 or at 808-586-4616 (voice/tty) within 180 days of a problem.

Our Father

by Nancy Swartz

Dedicated to my husband, Burt

On November 7, 2002, my husband and I realized that from this day forward, we were going to be taking care of Father all of the time.

It's not like we didn't have practice. Since July 2001, we had taken care of our parents' affairs. At first we were long distance caregivers, as we made many trips to Chicago to handle their caregiver schedules, medications, finances, doctor trips, and house maintenance. We noticed that bills were slowly piling up, medications were mixed up, and that they were sleeping all of the time.

While Mother believed she was in charge of their daily lives, we actually had maintained their lifestyle for the past 50-odd years without them knowing it! Mother had had several falls and hospital stays. Both were diagnosed with dementia. We knew we had to take action, and so we moved them here in September of 2002.

Mother died in November. Father, lost without her and unaware of her death, was now in our care. I proceeded to call for information and resources within the community to help us. Father not only had dementia, but suffered a previous stroke that required him to use a walker. Fortunately, he had resources and Medicare, and we had already signed a durable power of attorney and living will before he became ill. Father knew we were in charge of his best interests.

The commitment of taking care of an elder in the home was huge and required a lot of planning and talking. My husband and I, including our two young daughters, knew that we all had to work together for Father. A friend referred us to Maria, who, over the months, became Father's part-time angel. In addition, the doctor authorized visits from a nurse, physical therapist and nurse's aide.

But then the hospitalizations started. In June 2003, Father went into the emergency room for prostate problems and he was referred to a urologist. He had two relatively minor procedures and came through fine. At that point my husband learned about catheters.

Life carried on normally with just Maria and us watching over Father. Over time, his leg worsened, and we



worried about falls. Then one morning in October, Father was in distress. Once again we went to the emergency room where Father was put through a battery of tests and remained in the hospital for two weeks, this time coming out incontinent and bedridden.

We knew that it was now a hospice's turn. We contacted Hospice of Kona, our angels for Mother's last stages, and they came to the house to evaluate him, realizing that his time could be short. We had help from the nurses and their aides, the social worker, some respite care, a chaplain, the pharmacies, and of course, Maria. But the real angel at this stage was my husband Burt. He checked Father every half-hour and kept him in remarkable shape (his room was right next door to ours). But finally we knew that the end was near because Father stopped eating and drinking, despite the fact that he hung in there for five more days. He passed away just short of his 90th birthday. Our hospice nurse helped us through this process with grace and humor. The mortuary staff came, and it was the end of a journey and the beginning of another era.

As caregivers, we learned many things: We found that our perspective helped us to respond in an appropriate and loving way. Since we believed that we were privileged to take care

of our parents, most every action came from that viewpoint. In the case of dementia, for example, we learned to agree, no matter how frustrating, with everything our parents said because we knew that they wouldn't remember any of the conversation.

Call on everyone for help. We called and e-mailed our family almost daily, and we sought medical help and consulted with our pharmacists and doctors when we needed guidance. We also got involved with the elder community and support groups. As a couple, we talked about our daily duties concerning Father. We could have used more respite care, because at no time could we leave him alone. We were literally tied to the house. Trained medical help is not always needed. Sometimes seniors just require monitoring and companionship, someone to talk with or to help with puzzles or play games.

There will be bad days. Adapting to daily life with elderly parents requires much patience. We were fortunate to have a parent who was extremely cooperative, so there were few clashes. Even so, his mere presence and diminishing abilities to carry out his own daily activities disrupted other family activities.

Keep in mind that you may be in this situation one day. Having your affairs and plans for the future in order—and that of your loved ones—will make life considerably easier when that time comes.

Where Do I Start?

The best place to start in getting information on caregiver services in your community is your county office on aging. They can be reached at the following numbers:

Honolulu Elderly Affairs Division
523-4545

Kaua'i Agency on Elderly Affairs
241-6400

Maui County Office on Aging
270-7755

Hawai'i County Office on Aging
961-8600 (Hilo)
327-3597 (Kona)



H O N O L U L U

Honolulu's Elderly Affairs Division (EAD) is looking forward to facilitating caregiver programs and services into the New Year.

Partnering with doctors to identify caregivers and connecting them to services through the Making the Link Project has grown to include social workers, discharge planners and physical and occupational therapists. So far, partners include Queen's Rehabilitation Services, Straub Geriatrics and Kaiser Geriatric Social Work.

Caregiver Support Groups continue to thrive in the city's downtown and Kapolei areas. Members of the Kapolei group have also welcomed state workers to join them. Information and handouts are provided through e-mail and inter-departmental mail for employees who are unable to attend sessions.

A number of presentations to community groups and informational displays at various senior and health fairs were conducted in 2003. The emphasis for 2004 will be to reach more employers through the We Care program. Through a partnership between EAD and AARP, employers were made aware of the need to support employees at a Caregiver Resource Fair held in downtown Honolulu. HMSA was one of the first to establish a successful caregiver support group for their employees through the We Care program. EAD also partnered with the Federal Employee Training Board to sponsor a similar Eldercare Resource Fair for federal employees. Future plans include reaching the dental community.

During the past year, the Alzheimer's Association-Aloha Chapter, Child & Family Service Ohana Care, Franciscan Adult Day Care, Kokua Kalihi Valley and Project Dana have shared countless success

stories of reaching out to caregivers during the many counseling, education, training and respite sessions that have been conducted. For 2004, each of the service providers are aiming to improve programs and reach out to more caregivers.

Another successful conference for caregivers was held—Caring for Family, Caring for Yourself: A Caregiver's Conference. Attendance exceeded the previous year by about 150 individuals. Plans are already underway for a bigger and better 2004 conference.

To create and expand additional opportunities for caregivers, EAD will be issuing a one time only Request for Proposals in January 2004 for projects that will provide services to underserved areas or targeted populations.

EAD continues to promote greater awareness of caregivers needs, provide accessible information about available resources, identify challenges caregivers face and advocate on their behalf. To find out more information about programs and services or for assistance, call the EAD Senior Hotline at 523-4545.

M A U I

The "Sandwich" of Caregiving

*by Geri Ah Sam,
Maui County Office of Aging*

When you read national and local statistics on the subject of family caregiving and its impact on the workplace, you might be surprised to learn that there are a significant number of Maui County employees who leave their jobs early each day to care for an aging family member.

The effects of this "sandwich," as I call it, is that after eight hours on the job, many of us pick up a family elder from day care (if we can access and afford it) or go home to relieve someone who has been providing care while we've been at work (if we're lucky and can afford it).

But the reality for most of us is that while we are at work, our aging, frail and vulnerable elder may be home alone. This means that during the course of the day, we may need to make phone calls

to check if they got up, ate and took their medications. Perhaps another phone call will need to go to a family member to remind them about their caregiving responsibilities. Unfortunately, many families do not share in caregiving, leaving it all to one family member.

Caregiving usually determines how much time you have for life's other necessities—including your own—that requires attention each day. For example, you may plan your grocery shopping around your needs in addition to the wants or desires of your aging family member. Critical medical appointments for your loved one may require taking leave from work.

If this stress-inducing scenario is part of your experience, the Maui County Office on Aging (MCOA) can help. MCOA professionals can help you understand and get through what has been described as "the maze" of the many aging network services available to help you and your family. Everything you do makes a difference in the life of your aging family member, and with the help of MCOA, you can begin to understand that all of us are caregivers at one time or another, and that we can be there for one another. In fact, we're just a phone call away.

Please call us at 270-7774. Diane, Hyenie, Marina, Kimberley, Elinor, Melissa, Liane, Rose, Scott, Norma and John are there to help you. Why so many? Every sandwich has a number of ingredients that make it special, and these fully qualified and well-trained staff members can be compared to the items in a sandwich. A good sandwich, savored with every delicious bite, can lighten any burden. Just as it takes a village to raise a child, there are many resources to assist and support a caregiver to lighten any burden. Let us help. For those who are reading this article and are in the County Building, please feel free to drop by our office on the fourth floor and pick up a brochure entitled, "Caring For Those You Care About." It's free and may make your "sandwich" a little easier to swallow. For others, we'll be glad to send you a copy.

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It worked for me

by Karen Koles and the
collective experiences of the
Eldercare Support Group



Bath: 8:00 pm
Wheelchair transfer: 11:00 am
Medication xyz: 9:00 am
Medication abc: 4:00 pm

Within a few days, as you familiarize yourself with the writing routine, you may resort to abbreviating and making your own code instead of writing whole words. On the right side of the line, list anything significant that happened that day. For example:

- No bowel movement
- Saw Dr. Jones and got new Rx for arthritis
- Had hospital bed serviced. Got new mattress.

Caregivers have so many things to remember. Writing them down sure helped me!

Q: We're bringing my Dad with us on our family vacation. Do you have any travel tips?

A: Word-of-mouth is usually the most reliable indicator of "handicapped friendly" businesses such as hotels, tourist attractions and airlines. I've known caregivers who have been reduced to tears because what the hotel considers handicapped accessible and what the caregiver considers handicapped accessible are entirely different.

Let the airlines and hotels know in advance that you're traveling with an older adult needing assistance. Always request a room closest to the elevator. I know that when a handicapped person checked into one of the hotels in Waikiki, she was surprised when security officers paid her a visit. She was so happy when they said that they wanted to meet and assure her that if it became necessary to evacuate the hotel, they would come up to *carry* her downstairs.

Be sure to alert the airlines about special dietary considerations. You might even wish to pack your own meal instead of ordering an in-flight meal. This would assure that your dad (and his digestive system) gets food that he's familiar with. Also, you may wish to be extra careful about your dad's diet for a couple of days prior to your departure. It'll be

a more pleasant trip for everyone if dad doesn't have a bowel movement during the flight, especially if he's using diapers. However, be sure to grab the airline's blanket soon after you board. If Dad has a bowel movement, you'll be able to change your Dad's diaper on the plane just by draping the blanket over him and working under the blanket.

If you're renting a car, notify the company of your special needs, *i.e.* must be 4-door, trunk has to be large enough to accommodate luggage *and* wheel chair (or walker or whatever), prefer car that is not a high-mount. Also, bring your Handipass along because they're valid everywhere.

Finally, if you're still trying to decide on where to go for vacation, Disneyworld is a great vacation destination because it's easily accessible. When you're with your dad, you can cut to the front of the line, and it's fun for the whole family.

Readers: What would you like to read about in future columns of "It Worked for Me"? We want to hear from you! Call us at 586-0100.

Q: Can you give me some hints for handling female incontinence?

A: You'll need an outer diaper and some form of absorbent padding, such as an overnighter sanitary pad, toddler diaper or Depends-type diaper. Cut X's through the plastic of the absorbent padding (and only the thin plastic liner, not the padding). The outer diaper remains uncut. Place the absorbent pad between the skin and the outer diaper, with the X's faced away from the skin. The X's will allow the urine to drain away from Mom's skin and into the outer diaper.

Q: Sometimes I am so tired that I forget if I've given my wife her medication! What can I do to help me remember?

A: Use an ordinary steno tablet, the kind that has a line running down the middle of the page. On the left side, write the date and the day of



the week. Below this, list whatever

needs to be done for your wife. As each task is completed, enter the time it was done. For example:

Breakfast: 8:00 am
Dinner: 5:30 pm

Gov. Proclaims Family Caregiver Month



Governor Linda Lingle has proclaimed November as Family Caregiver Month in Hawai'i.

The Medicare Makeover

Until now, older adults and their caregivers haven't had to make many decisions about Medicare. The program was basically one-size-fits-all, rich, poor, healthy and ill all shared similar benefits and premiums with little variation.

The old program changes under the new Medicare law that was recently passed by Congress. The elderly and their caregivers must now become savvy, discerning consumers to identify the combination of plans that works best for them.

Drug Discount Card

The Medicare prescription drug benefit doesn't start until 2006, but beginning April 1, 2004, seniors will be able to buy Medicare-approved drug discount cards that the Bush Administration says could save them up to 25%. The cards will be issued by regional and national pharmacy chains, insurance companies and pharmacy benefits managers. The cards will be phased out in 2006 when the bigger program begins.

Here's what you need to know about the cards:

- The cards will sell for up to \$30 per year.
- Each beneficiary may have just one card.
- Make a list of all the drugs you take and check the price each card offers for those drugs. All card providers and their prices will be listed at www.medicare.gov.
- Once you sign up for a card, you will not be able to switch for one year. There will be exceptions, however, such as long-distance moves.
- No one knows what the actual savings will be, but in a recent test in the Washington, D.C. area, savings ranged from 2% for Prilosec, a heartburn drug, to 44% for Furosemide, a blood-pressure drug.

The Drug Benefit

Beginning in November 2005, you will be able to sign up for the full scale drug benefit program, which will be:

- **Optional.** No one will be required to take the drug benefit.

- **Private.** The government will not operate any of the drug benefit plans. All programs will be offered by private companies.
- **Flexible.** You can stay in traditional fee-for-service Medicare and buy the drug benefit from a private insurer. But insurers will be offering the best deals to those who buy their Medicare and drug benefit coverage as a package.
- **Confusing.** By now, everyone has

Some seniors will be able to put pretax dollars into health savings accounts to cover expenses that Medicare doesn't cover.

heard of the "doughnut." For a monthly premium of \$35, the benefit will cover 75% of drug costs up to \$2,200 (once a \$250 deductible is met). You then pay 100% of costs until you have spent \$3,600 out-of-pocket for the year. Then, the drug benefit will cover 95% of your prescription costs.

- **Cheaper for some, not for others.** If you are healthy and spending less than \$810 annually on prescriptions, you would lose money by joining the program.

To help you with the math, the Kaiser Family Foundation has a Medicare Drug Benefit Calculator on its Website www.kaisernetwork.org/static/kncalc.cfm.

Competition

A key aspect of the legislation is to try once again to introduce competition into the Medicare market. Private insurers will be encouraged (*i.e.*, subsidized with taxpayer dollars) to offer health care plans which compete with traditional fee-for-service

Medicare. These may be cheaper and may offer significantly cheaper drug benefits to those who sign up for both Medicare and prescription coverage. If you choose a plan that costs less than traditional Medicare, the difference rebated to you in your Social Security check.

Health Savings Accounts

Some seniors will be able to put pretax dollars into health savings accounts to cover expenses that Medicare doesn't cover. This may be an attractive option to those who have been self-employed and are accustomed to similar plans now available to small businesses. Only those who choose a deductible of \$1,000 or more will be eligible.

Higher Premiums for the Rich

Beginning in 2007, upper-income seniors will pay higher premiums for Part B, the portion of Medicare that covers doctor's bills and outpatient services. Everyone now pays the same: 25% with a 75% government subsidy. Under the new legislation, those with incomes between \$80,000 and \$100,000 will pay 35% of the premium. The percentage climbs in steps, reaching 80% for those who make more than \$200,000. The premium will be deducted from your Social Security check.

Prevention

For the first time ever, Medicare will pay for some preventive health care. Beneficiaries entering the program in 2005 and beyond will get an initial physical exam, which is meant to provide a baseline and detect any health-threatening conditions. In practice, this may mean that seniors get more encouragement to eat right, exercise more, stop smoking and drink less. Screenings for cardiovascular illness and diabetes will be included. Medicare currently pays for treatment after symptoms appear but does not take any preventive measures.

Should you have any questions about the new Medicare law, call Sage PLUS at 586-7299 or 1-888-875-9229.

Adapted from "The New Medicare: What it Means for Consumers and Caregivers". December 1, 2003. Caregivers-USA News.

C.H.O.C. comforts and supports

by Carol Hu and Jan McCurry

Four women in Kona joined together with common interests in mind—that of giving support to caregivers, to share the load of being overburdened and to support persons lacking in preparation for this job. We chose to name the group “C.H.O.C.” as an acronym for Caregivers Helping Other Caregivers, and also because we felt that every meeting should have a feel-good food, and **CHOCOLATE** would be that source! What a wonderful way to break down barriers and just feel good!

Our first meeting of C.H.O.C. was on July 10, 2001 at the Hospice of Kona. We kept it very basic at first, just to get a feel for the group. We wanted to establish relationships and find out from the caregivers how we could better help them through resources here in West Hawai'i. It



C.H.O.C. members at a monthly meeting.

was a small group—sometimes just with the four of us.

In November 2001, we participated in the Carousel of Care, Kona's annual Caregiver's Conference. From this event, a number of attendees asked if we would facilitate a support group in the Kealahou area. In early 2002, we made arrangements with Kona Adult Day Care to use their facilities once a month on Tuesday nights. It turned out to be successful, and the attendees were very consistent. Thus the focus of our time moved away from Kona to Kealahou.

This group of up to 10 participants continues to meet each month. We have had “graduates” who have moved on because their loved ones have made their own transitions.

Featured Caregiver Support Group

C.H.O.C. Support Group

Contacts: Jan McCurry
Phone: 334-0334
Carol Hu
Phone: 960-4374



Carol Hu receives pet therapy from a cuddly friend.

There is also a core group that has bonded and expanded their abilities

to cope, although there still remains the need for respite while they are attending our support group.

We have guest speakers address issues that caregivers have expressed an interest in, a medical resource person available for questions and always a lot of sharing. We also have “fun nights,” such as devoting an entire session to individual massages provided by guest massage therapists, sing-a-longs led by an elderly couple who sings old

time songs with spoon accompaniment and animal therapy with a small lap dog. At Christmas, we usually have a dessert potluck with small gift packages. We constantly check with the members to see if their needs are being met and to monitor our success. It is truly a team effort, which is very rewarding to us all.

The C.H.O.C. Support Group meets on the fourth Tuesday of each month at Kona Adult Day Care. Please call Jan at 334-0334 or Carol at 960-4374

for more information. There is no charge or registration required.

Family Caregivers Website Now On-line

The Executive Office on Aging has created a website devoted specifically for family caregivers. Visit www2.hawaii.gov/eea, and in the left column, click on “Programs and Services,” and then on “Caregiver Support.”

Learn about:

- How to access supportive caregiver services
- Caregiver events in your community
- The Caregivers Resource Initiative Project
- The National Family Caregiver Support Program

Join:

- Hawai'i Family Caregiver's Network

Download:

- Up-to-date caregiver legislation, including status reports and texts

of bills and committee reports

- Current and archived issues of our Family Caregiver newsletter
- The results of Hawai'i's 2002 Statewide Survey on Caregiving

Participate in:

- Scheduled chat events
- A moderated bulletin board

Relate to others by:

- Reading their stories in our Story Bank

Link to:

- County area agencies on aging
- Caregiver data and statistics
- Federal government resources
- Support groups that convene informally (not facilitated by any government or non-profit organization)
- Other caregiver websites

Do you have suggestions on our website? Please call us at 586-0100 or e-mail caregiver@mail.health.state.hi.us.

County Corner

(Continued from page 4.)

H A W A I ' I

The fifth annual Carousel of Care, held in Kailua-Kona at the Ohana Keauhou Beach Hotel on November 1, 2003, was an overwhelming success. Caregivers and professionals offering care to the elderly and their caregivers were treated to workshops on:

- Fall Prevention, by Shelley Womack, APRN, Kaiser Permanente, Oahu;
- Coping and Effective Communication Strategies for Caregivers, by Dr. Michael Cheang from the Center on Aging, UH Manoa;
- Preparing for the Final Chapter of Life: Essentials You Should Know, by Ana Zir, MPH, Program Coordinator, Center on Aging, UH Manoa; and
- Caregiving: Rising Above the Burden of Care Through Journal and Poetry Writing, by Frances Kaku-gawa, a published author of several books.

A Resource Fair was available to caregivers and professionals. The participating agencies provided caregivers and other professionals with service information, displays and generous giveaway items.

The morning keynote speaker of the event was Kona's board certified internist, Robin Seto, MD, who has certifications in geriatrics, hospice and palliative medicine. Her talk, "How To Communicate Effectively With Your Physician," was a practical and much requested topic of concern for many caregivers. The afternoon keynote speakers were Shawn Cannon, RN, from Care Resource Hawai'i, and compound pharmacist Shelley Williams from Malama Compounding Pharmacy, who addressed questions and concerns about skin care.

Caregivers were treated to a day of information, training and forms of relaxation, which included flower arranging, massage, scrapbooking and naturopathy. Caregivers said the conference was a "rewarding experience," and "one of the most useful conferences I have attended." Others felt that it should be held more often.

A big "mahalo" goes out to Alu Like and the Hawai'i Community Caregivers Network, who partnered with the Hawai'i County Office of Aging to coordinate this fifth annual Carousel of Care in Kona. Coordinators of the event were overwhelmed by the support of local businesses and agencies that donated generously to provide gifts and gift certificates to caregivers who attended.

Legislation

(Continued from page 1.)

uments, reference materials, a fax machine and a copier. Staff is also available to assist you with questions either by phone or in person. You may reach the Public Access Room by calling 587-0478 or you visit them at the State Capitol in Room 401. The best thing is that all PAR services are free of charge.

Disclaimer: The Executive Office on Aging provides this service for information only. The Executive Office on Aging and the Department of Health do not necessarily endorse the proposals listed on the website.

E LOA KE OLA



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MAY LIFE BE LONG